



Alternating Supersets: Abs & Back Performance Report

Overview

This session features **alternating supersets between abs and back exercises**, integrating strength, hypertrophy, and dynamic mobility drills. The structure combines high-rep abdominal sets, heavy compound back movements, and finishes with intense strongman-inspired lifts and dynamic training to target maximal power, endurance, and core stability.

Abs & Musculature Superset

Exercise	Sets x Reps	Load
Weighted Crunch	8 x 8	100 lb
Hanging Knee Raise	8 x 8	50 lb
Kneeling Cable Crunch	8 x 8	171 lb
Vertical-bench Leg Raise	8 x 8	150 lb

Key Points

- **High volume:** 8 sets of 8 reps per movement.
- Progressively increasing resistance across all core exercises.
- Alternating with back moves ensures continuous core activation and minimal rest.

Back & Cross Training + CrossFit Segment

Exercise	Sets x Reps	Load
Close-Grip Pulldown	2 x 32	200 lb
Seated Cable Rope Row	2 x 32	250 lb
Dumbbell Row	2 x 32	342 lb

Behind-the-Neck Pulldown	2 x 32	115 lb
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Key Points

- **Endurance emphasis:** 32 reps per set at heavy weights.
- Back-focused compound movements, reinforcing grip and posterior chain.
- Pairs with ab exercises for a super-set "push-pull" stimulus.

Mobility, Power & Dynamic Conditioning (“Potency Failzone”)

Exercise	Sets x Reps	Load
Reverse Lift	3 x 3	500 lb
Push Jerk	3 x 3	250 lb

- **Explosive lifts** focusing on power output, neural drive, and dynamic stability.
- Integrates with **extensive mobility and dynamic movement** for functional performance.

Specialized Core Finisher

- **Dolphin Abs:** 875 reps
- **Neck Abs:** 125 reps

These extreme high-rep challenges target both the **deep core** and **neck musculature**, ideal for combat athletes, strongman competitors, and performance-driven lifters.

Training Highlights

- **Superset Alternation:** Each ab exercise is paired with a back or compound pull to maximize density and efficiency.
- **Volume & Intensity:** This session features a blend of ultra-high volume, moderate-to-heavy resistance, and powerful strongman lifts for a comprehensive stimulus.
- **Mobility Component:** Dedicated dynamic stretching and functional movements woven throughout.

Coach’s Notes

- The program integrates training principles seen in high-level bodybuilding, CrossFit, and strongman disciplines^{[1][2]}.
- Rest periods should be kept minimal between paired movements but extended for heavy dynamic lifts.
- Expect significant core engagement, grip demand, and metabolic fatigue.

Maintain focus on **quality movement, posture, and breathing** throughout each superset. Adapt weights for safety as needed.

This session structure mirrors advanced training protocols followed by top athletes and fitness professionals.

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1. sports.fitness_influencers
2. sports.strength_training